

YOU ARE NOT ALONE

Are you pregnant
or have you had a baby
in the past year?

Have you been crying a lot?

Feeling very tired?

Not sleeping or sleeping too much?

Have you been feeling overwhelmed?

Irritable or angry?

Anxious?

Guilty or worthless?

Do you sometimes have thoughts about
yourself or your baby
that make you worried or afraid?

Do you know a mother-to-be
or new mother struggling with
issues like these?



THERE IS HELP

YOU CAN CALL:

(516) 504-HELP (4357)

Mental Health Association of Nassau County

Phone (Toll Free): (855) 631-0001

Postpartum Resource Center of New York

Website: www.postpartumny.org

(516) 227-TALK (8255)

Nassau County Behavioral Health Helpline
24hrs/7days

(516) 470-4MOM (4666)

The Zucker Hillside Hospital Perinatal Psychiatry Service

(516) 626-1971 ext. 318

North Shore Child and Family Guidance Center

Diane Goldberg Maternal Depression Program

(631) 608-MOMS

South Oaks Hospital Perinatal Program